



# Pump & Run 5K



Northern Blair County Recreation Center, Tipton, Pa.

## 16<sup>TH</sup> Annual Labor Day Race

Monday, Sept. 2nd, 2024

### 5K

Run hard; run fast

### 5K Pump and Run

Bench Press your way to a reduced 5K run time  
(for bench press rules, go to [www.nbcrc.com](http://www.nbcrc.com))

**\$25 if pre registered by July 31, 2024**

(shirts guaranteed for participants registered by 07/31/24 only)

Overall male and female winners in Pump & Run and 5K win a prize and overall medal

Medals given to top three male and female in each age group (awards will not be doubled)

\*Registration/Bench Press will be held from 7AM to 8 AM day of race

**\$30 after 07/31/24**

Male &  
Female

18 & under

19-29

30-34

35-39

40-44

45-49

50-59

60-69

70 & over

Return registration /checks to NBCRC, 4080 E Pleasant Valley Blvd, Altoona, PA 16601

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

(circle one) Male Female Age on race day \_\_\_\_\_

Address - \_\_\_\_\_

City

State

Zip

Shirt size – S, M, L, XL, XXL (\$3 extra) (circle one)

Phone \_\_\_\_\_ Email \_\_\_\_\_

(circle one)

Pump & Run 5K

5K Run

**Race start time 8:30am**

**Waiver:** In submitting this entry, I, intending to be legally bound for myself, my heirs, executors and administrators, waive, release, and forever discharge Labor Day Pump & Run, NBCRC and all event sponsors, event volunteers and workers, their office, directors, agents, successors and assigns for any and all injuries suffered by me at this event. I attest that I am physically fit and prepared for this event. I understand I may be photographed and agree to allow my photo, video, or film likeness to be used for legitimate purposes by and of aforementioned parties. We continue to monitor all state health guidelines. I will abide by Covid 19 hygiene requirements of the sponsors and hosts with proper masking when not on race course, hand sanitation, and social distancing as is practically possible.

Participant signature \_\_\_\_\_ Date \_\_\_\_\_

No refunds, no exceptions



# Pump & Run 5K

Participant signature \_\_\_\_\_ Date \_\_\_\_\_

No refunds, no exceptions